

**WELLNESS****READINESS****1.2 History of the Wellness and Readiness (WR) Program****2003**

- Command identified several concerns impacting USMEPCOM personnel and family members:
  - Two-thirds of personnel live 50 miles or more from military installation
  - Increased feelings of isolation due to distance from Military Family Support Services
  - Excessive travel was required in order to volunteer, receive training, or attend/support military functions
- A Family and Service Member Support Tiger Team identified the needs and priorities for establishing a program, determined resources of “good ideas” to include as elements, and made recommendations for implementing a program at all USMEPCOM locations.
- Information and Referral services are provided by EAP Consultants, Inc.
- The first-ever Family Symposium is held to develop Quality of Life issues. Over 120 delegates are trained by the US Army Recruiting Command staff and identify top issues. USMEPCOM provides a Marine spouse to attend the Department of Army Family Action Plan (AFAP) conference. Two of the USMEPCOM issues are voted as active issues.
- Readiness Support Groups (RSGs) and Volunteer Coordinators positions are established at all Military Entrance Processing Stations (MEPS). Each MEPS organized kick-off events for RSGs, development of Welcome Guides, and Newsletters.
- Headquarters created a permanent Wellness and Readiness Division with full-time and volunteer staff. The program received funding to support new initiatives. Command newsletter and website are implemented.
- Relocation Loan Kits purchased for all MEPS to assist relocating personnel.
- A Memorandum of Understanding between USMEPCOM and The American Legion is signed and implemented.
- DOD included USMEPCOM in the SITES website for relocation information. Local information for each MEPS will be developed in 2004.
- DA expanded the Army One Source contract to include USMEPCOM.

- USMEPCOM identified a need for childcare. The General Services Administration (GSA) provided discounted-childcare for Soldiers in 18 cities.

## **2004**

- In Spring 2004, Headquarters, Headquarters Company; Eastern Sector Headquarters; and Western Sector Headquarters conducted separate conferences. More than 200 delegates participated in the process identifying issues for the Command Wellness Symposium.
- USMEPCOM sends the first Air Force delegate to the Army Worldwide AFAP conference in November 2004.
- USMEPCOM participated with USAAC in an Army pilot program for “Army Sponsored Community Based Childcare” targeting Soldiers and their families in geographically dispersed areas. The reduced-fee program is implemented in late 2004.
- Department of the Army expanded the GSA reduced-fee program to all GSA childcare facilities nationwide.
- USMEPCOM identified a need to create a Chaplain Support Network at many of the MEPS. A Command Volunteer Chaplain position is created at Headquarters. Efforts to include National Guard/Reserve and volunteer Chaplains at the MEPS are successful.
- USMEPCOM Regulation 608-1R formally established the Wellness and Readiness Program in August 2004.
- Staff Assistance Visits are conducted at nine MEPS: Albany, Lansing, Jacksonville, Beckley, St. Louis, Salt Lake City, El Paso, Honolulu.
- A new position is created to enhance prevention programs. The position will be for a Prevention Specialist (Social Worker) to assist MEPS in meeting mandatory training requirements for domestic violence prevention and suicide prevention, to assist Command in Family Advocacy cases, and to develop a problem-solving program (Employee Assistance Program) for the civilian employees.
- Resource guides are provided to the MEPS including books on: volunteer management, employment, financial, and parenting. The Readiness Leadership Development Program (RLDP) Companion Guide is developed.
- The Army One Source, along with all services, is combined as the Military One Source. This contract provides general information, assistance, and counseling programs to active duty military and eligible family members.

- The RLDP Training program materials are completed and made available on the USMEPCOM website. Additional Wellness and Readiness program information is published on the USMEPCOM intranet (MEPNET).
- TRICARE information is distributed widely throughout USMEPCOM as TRICARE begins to reorganize regions and contractors.